

# Know *Your* Numbers

## Blood Pressure and Cholesterol

HAVE YOUR HEALTH CARE PROVIDER CHECK YOUR BLOOD PRESSURE, CHOLESTEROL, AND TRIGLYCERIDES. RECORD THEM HERE FOR FUTURE REFERENCE.

BLOOD PRESSURE: \_\_\_\_\_

DATE TAKEN: \_\_\_\_\_

YOU SHOULD BE CHECKED AGAIN: \_\_\_\_\_

TOTAL CHOLESTEROL: \_\_\_\_\_

HDL: \_\_\_\_\_ LDL: \_\_\_\_\_

TRIGLYCERIDES: \_\_\_\_\_

DATE TAKEN: \_\_\_\_\_

YOU SHOULD BE CHECKED AGAIN: \_\_\_\_\_

### Things To Do Today:

☐ GET BLOOD PRESSURE CHECKED.

☐ TAKE MY MEDICATIONS.

☐ TAKE MY WALK.

☐ EAT A HEALTHY SNACK.

☐ \_\_\_\_\_

☐ \_\_\_\_\_

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**FOR ALL  
EMERGENCIES,  
DIAL  
911**

**OTHER IMPORTANT  
NUMBERS:**

**PHYSICIAN:**

\_\_\_\_\_

**PHARMACY:**

\_\_\_\_\_



**Healthy Maine Partnerships**

**Maine Cardiovascular Health Program**

Maine Health and Human Services' Public Health